

WHEN A TREE'S A TREE, A FIELD A FIELD—AND NOTHING MORE!

Life, to the Unimaginative, Solidifies Into Words. The Eternal Feminine Temptation to Say Something "Catty"

I OFTEN wonder just how much words convey to other people. Of many unimaginative souls I am afraid that David Grayson would say "Life solidifies into words. A tree is a tree, a field a field."

Yet, although artists are taught to give these things their full value, it does not need such training to see the beautiful, picturesque in the commonplaces of life.

If one cultivates vision, the long purple shadows on the streets, the beauty of a dead tree, the wonder of the sky even when it is gray and angry looking, can be seen and appreciated by even the layman.

SATURDAY was a beautiful day with a Maxfield Parrish sky overhead and a brisk breeze which every one you encountered broadly described as being like wine. One felt that it was good to be alive, after fighting hopelessly for air through that awful week. Yet, if all days were like Saturday, there would be little inspiration in them.

DOES anything make one feel more like crawling than, after airing one's views about another woman, realizing later that it was "catty," to have that woman come to you with an unexpected compliment or do some particularly nice turn?

Few women are strong enough to resist the temptation to "talk" occasionally; there is a thrill about picking one's neighbor to pieces that the feminine mind enjoys. Yet, if a woman is possessed of moral stamina she will fall from grace

Vyvettes



Proving that a half-and-half hat is not half bad.

very rarely, and then will feel heartily ashamed that she has cheapened herself. SOME time ago I remember expressing my feelings in regard to a girl who was rather a close friend by saying that I liked her but that her attitude often repelled me. She made her friends feel that they really did not count in her calculations at all, and nothing certainly will more surely discourage friendship.

Imagine my contrition for this momentary lapse when the woman to whom I was talking answered that this girl had said only the day before how extremely fond of me she was and other flattering things. Naturally, I "bit the dust," and made a mental vow not to be guilty of this indiscretion again. Until the next time!

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Special questions like those given below are invited. It is understood that the editor does not necessarily endorse the contents of all correspondence. All correspondence should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. How can a bed be made cooler and more comfortable in very torrid weather?
2. How can the oven be tested for potato bread?
3. How can a soured sponge be freshened?

ANSWERS TO SATURDAY'S INQUIRIES

- 1. Dried fruits make excellent preserves. They have an excellent flavor and are richer than fresh fruits.
2. Jellies, jams and preserves contain sufficient sugar to preserve them without sealing. Covering with paraffin is sufficient.
3. Strawberries, raspberries, cherries and gooseberries can be preserved satisfactorily by the sun method.

Recipe for Chop Suey

To the Editor of Woman's Page: Dear Madam—Will you kindly print a recipe for chop suey? MRS. B. C. The following directions for chop suey, according to a Chinese recipe, are given by Marion Harland: Use one-half of a chicken, one large onion, a handful of mushrooms, a stalk of celery, six Chinese potatoes, a bowl of rice, a small dessert dish of Chinese sauce (this answers for salt). Cut the chicken, scrape the meat from the bones and cut into strips an inch and a half in length and one-half inch wide. If pork is used cut the strips the same length. Slice the onions thin, soak the mushrooms ten minutes in water, then remove the stems; cut the celery into strips one and one-half inches long. Chinese potatoes require no cooking; simply wash and slice them. First put the chicken into a frying pan with fat and fry until done, but not brown or hard, then add the sliced onions, cook a little and add the mushrooms. Now pour enough sauce over the ingredients to make them brown, add some water and stew a few minutes. Finally add after a minute the potatoes. Add a little flour to the water to the mixture, making a gravy of the water which stewed it. The Chinese potato, mushrooms and sauce can be prepared at a Chinese grocery, although you can substitute the American kind for these. Take particular pains to boil the rice until it is light and flaky, otherwise the dish will not be a success.

Receipts for Spices

To the Editor of Woman's Page: Dear Madam—What is the best way of keeping spices in the pastebord boxes, in which they come in the American trade? The flavor and freshness of spices will be better kept if they are placed in airtight tins immediately after buying.

Prevention of Rust on Brass

To the Editor of Woman's Page: Dear Madam—Please tell me how to take care of brass so it will not rust and the lacquer will be kept bright. The best way is to use a mixture of kerosene and spirits of turpentine mixed and applied to the brassware with a soft cloth will keep it in excellent condition.

Recipe for Chocolate Ice Cream

To the Editor of Woman's Page: Dear Madam—I read your answer to Agnes D.'s query and I, too, would like to learn how to make my own ice cream. I could not take a position with a creaming firm and cannot afford to take a course in ice cream making. There is some other way to it, is there? I will thank you very much if you will tell me how to make chocolate ice cream, but I have no recipe. Will you please give me one? MRS. J. V. H.

Buttermilk as Bleach

To the Editor of Woman's Page: Dear Madam—I am anxious to bleach my net and apron. Don't it do any harm to let buttermilk remain on them several days? ANNA C.

Plays for Children

To the Editor of Woman's Page: Dear Madam—Please tell me where I can obtain a list of plays suitable for children? Go to the Children's Library which is a branch of the Philadelphia Free Library, on Locust street below Thirteenth.

Obtaining Marriage License

To the Editor of Woman's Page: Dear Madam—When applying for a marriage license must both parties appear at the issuing clerk's office to answer the necessary questions? Also advise if witnesses are required. MRS. J. V. H. Both parties must appear and answer questions under oath when applying for a license, although they may avoid appearing before the clerk of the Orphans' Court or marriage license clerk by applying to a notary public, magistrate or other officer authorized to administer oaths, and making affidavit according to the formal requirements. The license can then be obtained by showing proof of the same to the issuing clerk. No witnesses are required.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

A DAILY bath should be taken regularly on rising. The temperature of the water should be cold, or at least cool, so that a strong reaction will be produced. The application should be brief—no more than half a minute to one or two minutes at the longest—and should be followed by quick drying and vigorous rubbing with a towel. The lower the temperature of the water the shorter should be the duration of the bath.

The purpose of the morning bath is not cleanliness, although it aids in keeping the skin clean, but skin gymnastics, or training. When very cold water is applied to the skin there is a sudden contraction of the blood vessels.

This is quickly followed, especially when the skin is thoroughly rubbed, by a dilatation of the vessels of the skin, which causes reddening of the surface and a feeling of warmth, though the skin is actually cool, and a general penetration of buoyancy, exhilaration and vigor.

This sort of bath is a real exercise or vasomotor gymnastics for the skin. When taken daily the nerves and vessels of the skin are maintained in so healthy and vigorous a state they are able quickly to react when exposed to the cold, thus avoiding the injurious effects that follow slight exposure, and in most persons give rise to what is commonly known as a cold, a condition that not infrequently serves as an introduction to pneumonia, consumption, chronic catarrh of the nose, throat or sinuses, rheumatism and various other maladies. Persons who practice daily cold bathing are little subject to colds.

Summer Complaint

Why are bowel troubles so frequent in summer time? "Bowel troubles" are the prevalent disorders of summer, and the mortality lists are lengthened by deaths from all classes of maladies, old and young suffer, but infants most.

Recent experiments and observations by European physicians show that the chief cause of these troubles is the increase during the warm months of the particular class of germs which give rise to putrefaction.

Milk, meat and food water are the chief sources of infection. Milk may be boiled and meat should be discarded, at least during the hot months, when it is always swarming with the germs which cause decay. Meat is not necessary at any season. Water should be boiled unless known to be pure. Water from dug wells or from lakes, streams and any source except springs or artesian wells, is certain to contain harmful germs, parasites, and various impurities. Such water is always unfit for use without boiling.

A precaution which will almost certainly prevent these summer bowel troubles is the use of fresh fruits and vegetables. Besides fresh foods, such as lettuce, celery, radishes and cabbage. These foods are often soiled with sewage or soil used as fertilizer and hence are highly infectious. They are also fresh fruits and vegetables are often soiled with sewage or soil used as fertilizer and hence are highly infectious. They are also fresh fruits and vegetables are often soiled with sewage or soil used as fertilizer and hence are highly infectious.

Charcoal

Is charcoal of any value in combating intestinal toxemia? D. N. R. Powdered charcoal, if taken in sufficient quantity, is undoubtedly capable of rendering valuable service in combating toxic conditions of the intestine. Besides producing a laxative effect the charcoal absorbs a considerable amount of poisons resulting from putrefactive changes in the intestine.

Kidney Degeneration

What causes degeneration of the kidneys? C. Y. W. "A man is as old as his arteries," said a famous French physician. It may be said with equal truth that a man is as old as his kidneys. Young kidneys are able to do many times the work normally required of them. As age advances the kidneys deteriorate and the result of their constant exposure to the influence of the poisons which they remove from the body. When the capacity of the kidneys is reduced to less than about the normal, they can soon be overwhelmed by the accumulation in the blood of the poisons which it is the duty of the kidneys to remove.

Catarrh and Deafness

Catarrh seems to affect my hearing. Am I liable to deafness? G. F. In 95 per cent of all cases the cause of deafness is catarrh, which begins in the throat and nose, and which has been neglected until it extends up into the ear. Enlarged tonsils, snoring, sleeping with the mouth open, are indications of the commencement of this trouble. Chronic catarrh is likely to end in deafness. (Copyright)

Cow Milkers Called to Do Their Bit

NEW YORK, Aug. 6.—And now comes the call for cow milkers to do their bit in the war. Otis H. Moore, of the Hartford County League, in Connecticut, is here today to enlist all the milkers in the United States. Failure to recruit them, he says, means less milk and higher war prices.

Licensed at Elkton to Wed

ELKTON, Md., Aug. 6.—Marriage licenses were granted here today to John D. Myers and Frances E. Mann, James Rascina and Susie Glasser, James E. Magill and Frances E. Kenney, William J. Wilmar and Rebecca E. Goodman, Henry C. Bassett and Florence Dokenwadel, all of Philadelphia; John P. Laxton and Mary Shoshan, Camden; Horace E. Fogley and Emily V. Kline, Pottsville; Thomas McFarland and Nellie Baker, Chickley, Pa.; Arthur Schanck and Bertha Friedley, Hammonont, N. J.; Harry Rightman and Catherine Ryan, Reading; Andrew Poranino and Susie Kutzack, Lansford, Pa.; Martin Lentz, Jr., Philadelphia, and Grace Warner, New York; Burdette Andrus, Camden, and Magdalene Schuster, Philadelphia; Marvin C. Craile and Lettie E. Karroll, Norfolk, Va.; and Daniel W. Gable and Ethel Jones, Honey Brook, Pa.

TODAY'S MARRIAGE LICENSES

Philip Antonov, New York city, and Anna Shein, 324 West Washington st., and Beattie Stillwell, 2112 Pine st.; David Buzack, 4114 Eastwick ave., and Eva Cohen, 526 Wharton st.; Joseph Kline, 4th st., and Ida Weinberg, 1118 Thompson st.; Frank Granger, 427 Westminister ave., and Winifred Loftus, 2247 N. 20th st.; Lester J. 1133 Winesborough st., and Mary Joseph Hamburg, 931 E. Morristown ave., and Charles Kravitz, 1103 Philadelphia st., and Blanche Illinois Trimb, 725 Christian st., and Blanche Brown, 1103 Philadelphia st.; Ricardo Finocchio, 1842 E. 9th st., and Aminta Janssen, 1436 E. 9th st.; John Strickland, 4390 Market st., and Mary E. Smith, 400 S. 9th st.; Victor Ewald, 405 Filson st., and Mary Glendon, 417 Titan st.; J. H. 18th st., and Lena Feinold, 1400 N. Handolph st.; Harry Korman, 122 N. 7th st., and Rebecca Parvill, 227 New Market st.; Theodore Menke, Jr., 170 E. Martin ave., and Cora E. 170 E. Martin ave.; Cornelius J. Cillford, Langis Island, and Anna M. 1000 N. 10th st.; and Ophelia Marino, 5025 Market st., and Ophelia Marino, 1746 N. 2d st.

IN THE MOMENT'S MODES

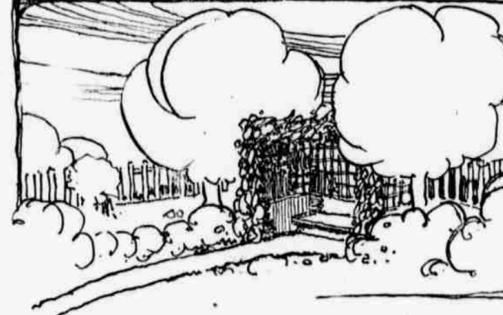
Three of the Season's Smart Bathing Chapeaux



You may have decided against acquiring another bathing costume this summer, but there is no reason why you shouldn't freshen up your bathing attire with one or two new bathing chapeaux. You'll be surprised how they will renew your beach outfit and give it an added air of smartness. Of the three models pictured, the upper one is of draped emerald-green rubber. The center model is of black rubberized satin bound with the same material in white. The lower model has a band of black rubberized satin bound with the same material in gold color, and the butterfly ornament matches the binding. The tam crown is of old-blue rubberized satin.

ADVICE TO THE HOME-BUILDER OF MODERATE MEANS

By VICTOR EBERHARD, B. Arch., R. A.



In seeking the simpler life that many now are craving, must we count the garden a luxury? Not while its beauty is a joy in which others may share, nor when it helps to keep our interests at home and helps to make a home the refuge it should be. With hands plunged into the cool earth we can bury in the magic soil all thoughts that jar, till we feel as much a part of the garden and in harmony with it as the note of the bird, the soft splash of the fountain and the perfume of the flowers.

The European thinks always of the garden and the house together, no matter how small or large his place may be. Here in America we are just becoming acquainted with garden making for the small house. Not having the experience of our brothers on the Continent we must go slowly and learn as we go.

Wednesday—The Conclusion.

The Elephant When first I gazed upon the world My nose was, like a rosebud, furled. 'Twas small and pink and reticulate, A very fetching little nose. Alas! it grew! it touched my toes. I found I'd lost my little nose. I almost thought that I was drunk; My nose had turned into a trunk! That seemed to have no useful end. You see, I didn't comprehend. One happy day I saw with joy A peanut on a little boy. And all at once I, blissful, knew Why to such lengths my small nose grew! MARGARET ARISTIDES, The Century Magazine.

Tomorrow's War Menu

- BRACEFAST: Blackberries, Cornmeal Mush With Syrup, Poached Egg on Toast, Coffee. LUNCHEON: Vegetable Salad, Crackers, Cake, Iced Tea. DINNER: Puree of Pea Soup, Corn Souffle, New Potatoes, Peach Pudding, Spinach.

Half Price and Less on many colored Pumps in this Summer Shoe Sale.

\$3.85 and \$4.85 Lots have been re-grouped and further reduced. There are still good sizes and selection. Additional lots as low as \$1.95 and \$3.85

ASK FOR and GET Horlick's The Original Milkmaid Brand. The Harper Shoe Co. WALK-OVER SHOPS

PATSY KILDARE, OUTLAW

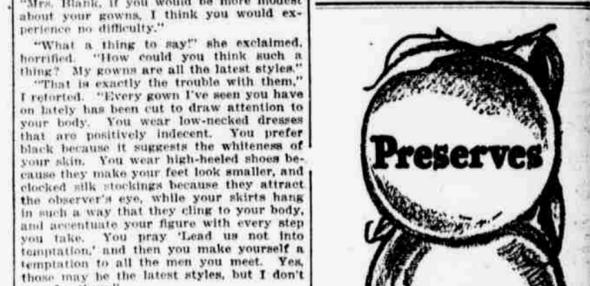
By JUDD MORTIMER LEWIS

A Skirmish I HAD Rowdy and I went to school this morning I put my pink nightie in my basket, for I thought I might go to June's to stay all night. When I had put the basket in the school locker I climbed up in the net in the school locker. A poplar poplar to sing a morning song. A poplar popular to sing when you are happy and want to sing. That is why birds choose them. A bird has got more sense than lots of them. A bird is in the ground to sing a song into a hole in the ground to sing a song. It gets as close to heaven as it can, and then it opens its little face and lets loose. That's the way I am. The principal came soon, and she smiled a kind of a sour smile. Maybe she was thinking about the \$3. She said to me when I had climbed down, "I begin to be afraid I shall have to have the janitor cut down that tree, for you like to climb it almost too well," I said, "Well, the world is full of higher trees than this." That's a sweet thought for a lonesome little girl to have. We went in and who should come around the corner of the school, with all the kids chasing him, but Dutch, wearing my pink nightie. The principal gave one look and then put her hand over her mouth, so I would not see that she was laughing. That is Dutch and I said, "Go to it, Rowdy!" Rowdy did. He bumped Dutch so hard that he flung him down and then he stood over him stiff legged, and with the hair on his back standing up, and he growled deep down in his neck. I told the principal that it was my nightie and that it used to belong to a little girl who had turned turtle. So she made Dutch get up and take it off and beg my pardon for wearing it. But when he asked my pardon I said, "You don't get it, never. The first time Rowdy and I caught you outside of school you are going to get yours, good and plenty."

"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

The Latest Styles I KNEW that I was going to shock her, but I felt that she needed it. My mother was a good wife and mother, a society woman, and very wealthy, but she was fast losing her faith in the goodness of human nature, because she was continually complaining about the lack of respect shown her by men. I glanced at her low-cut evening gown—fashionably out. I suppose she would have called it—her thin, clinging skirts, her high-heeled shoes, and in my own mind I read the answer to her complaint. "I am going to try to make you see yourself as the world sees you," I said to her. "Mrs. Blank, if you would be more modest in your attire, you would be the very essence of quiet, restfulness and harmony. Through a little thought and restraint and work this can be attained."



When I see a woman wearing a décolleté dress I am reminded of the glowworm, who when she wants a mate, lights her lamp as a signal. For my part, when I see the

Advertisement for Resinol, the home remedy for sick skins. Includes text: 'Resinol should be on every day's menu for sick skins. When someone in the family develops an itching patch of rash or eczema, you want something that will give immediate relief and heal the trouble before it has a chance to become serious. The success of Resinol for skin-troubles has been proven by years of use by physicians and in the home. Resinol is also a valuable healing dressing for chafes, cuts, burns, and sore places generally. Sold by all druggists.'

Advertisement for Franklin Sugar. Includes text: 'Half Price and Less on many colored Pumps in this Summer Shoe Sale. \$3.85 and \$4.85. Lots have been re-grouped and further reduced. There are still good sizes and selection. Additional lots as low as \$1.95 and \$3.85. The Harper Shoe Co. WALK-OVER SHOPS. "A Franklin Sugar for every use" Granulated, Dainty Lumps, Powdered Confectioners, Brown. Sold in 1, 2 and 5 lb. cartons and in 2, 5, 10, 25 and 50 lb. ctn on bags.'